

**Subject:** FW: Birthdays, boys & the bush Larissa

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# Newsletter



Edition 90: Autumn 2018 Training for a healthy Mind, Body & Wallet

Hi Larissa,

Recently I celebrated another spin around the sun (i.e. birthday) which actually coincides with the birthday of National Financial Fitness, and that had me in deep contemplation. Having already helped thousands of people have better Financial Fitness since 2004 and having never had a gap year (going straight into the Army), **I've decided to slow down in the business arena and have more fun in my life!**

Do you have areas in life where you'd like to slow down and others that you would like to focus on? Seriously by looking at your numbers **you may just find you can reduce the work and increase your play**. I've had many a client do that and encourage you to do the same. Aim for fun because life is short! And that's why part of my Gap year will involve an overseas trip with my Mum. She's always wanted to see the Grand Canyon so I'm accompanying her and on both our deathbeds, it will be a treasured memory. Better than money in the bank. And yes, I and the Company donate to good causes also. Donating time is so important too.

Practising what I preach I've calculated how many Coaching clients and presentations need to be done annually to cover business costs so that's what I'm going to do. Remember if you're in business to keep personal and business costs separate ;- ) **I'll be limiting Coaching clients** to 8 per year (2 spaces left) **and talks / workplace training** to 12 (8 booked so far including ANU, Canberra in June). **Licenses are still available both for individuals and workplaces** that want to run the Program branded as their own, **plus the Online products are still available at [Financial Fitness](#) and [the alter ego's website](#) ;-)**

**I sincerely wish for you to be part of the 6% that are financially independent** so please do take the time to look at your finances, if only for a few minutes a month, in front of the TV. Heck, why not do it now, straight after reading this newsletter?

When it comes to boys as per the subject heading I'd like to share a comment from a 45-year-old man to a 19-year-old man in one of our workshops. When the 19-year-old (who had been strongly encouraged to attend) said he didn't really need to worry about money, the 45-year-old said this. **"Son when I was your age all I thought about was cars and girls.** And now I'm sitting here with you, both of us looking for a job. If you pay attention now and learn this money management stuff **you'll have all the cars and girls you could possibly want.**" I couldn't have said it better myself! If you'd like one of the Coaching spots or information for our workplace just hit Reply and ask for "More info please". Here's to More Fun! xx

Until next, stay healthy, happy & wealthy, inside & out!

Larissa Zimmerman aka YMM. BSc (Maths) plus a few other pieces of paper

So much more than financial discipline! [Link In with me](#)

Providing Australia wide Government accredited training, supporting The Wilderness Society and more

Thank you to ... Moreton Bay Libraries for asking me to do this talk. If you're in the Brisbane region come along or if you'd like your local Library to book me just get in touch. More details here <https://www.moretonbay.qld.gov.au/subsite.aspx?id=168697>

Life's lighter side. Please accept that no offence is intended. If you have a sense of humour, you are on the way to good health

There's so much sin happening right now the local Church has put in two more Confessionals. A sign over one reads "8 items or less" :-)

Fitness Tips (with more on [the blog](#))

For the Mind: If you're getting stressed about something, ask 'how would the ideal me respond to this?' I have at times asked myself how would Wonder Woman deal with this (meaning my issue is quite small compared to saving the world), and it does give a comical slant to the situation ;-)



For the Body: Jumping up and down is good for the lymphatic system and each morning my alarm is a favourite song to get me in the mood. Get the nieces and nephews, children and others involved. It's a great start to the day!

For the Wallet: With the new Financial Year looming do a stocktake of assets and liabilities. Have you progressed towards a comfortable retirement at a realistic rate? Or are you in a false sense of security? Have you worked out your ideal financial weight (ie Net position with money coming in and going out - just like a body weight with energy in / out). Pushing yourself a little now makes a HUGE difference later.

And there's always the [Face Book page](#) with Wealth Tip Wednesday or the Money Mistress website has a number of RESOURCES available [here](#).

For Inspiration:

"A Mother is not a person to lean on, but a person to make leaning unnecessary." Dorothy Fisher

If you think someone may benefit from this information please [forward this email](#). If you'd prefer your financial education are risque check out [www.yourmoneymistress.com](http://www.yourmoneymistress.com). The sooner we are financially literate the sooner we can spend our time as we please and society will benefit as a whole.



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Training for a healthy Mind, Body AND Wallet

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